

# Fitness

SworKit Health is a hyper-personalized global fitness, mindfulness, MSK, and nutrition solution designed to support and engage employees in traditional, remote and hybrid work settings by making fitness and mental health simple and approachable.

## Wellbeing On-Demand

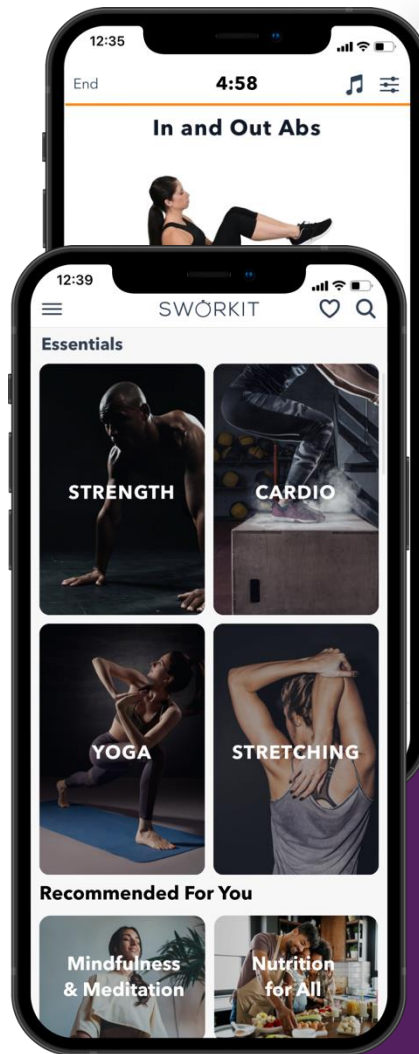
SworKit understands your employees are busy and is designed to cater to individual needs and wants when it comes to physical activity – simply choose a workout or create your own, set the timer, and get started! Anywhere, anytime. SworKit provides both audio and video guidance for a complete fitness experience.

## Total Wellbeing for All

Enjoy a versatile collection of Strength, Cardio, Yoga, Stretching, Mindfulness, Nutrition, Recovery, Barre, Sports Focused workouts, and more! Inclusive workouts for adults and kids of any level, age, or goal in 14 languages. By completing workouts and challenges, members can earn points on the Virgin Pulse platform, encouraging even higher engagement.

## Backed by Science, Designed to Help You Succeed

SworKit is aligned with the American College of Sports Medicine’s training guidelines and leverages behavioral science to help employees avoid common pitfalls and build sustainable, healthy habits for success while also promoting engagement.



14

Languages available – one comprehensive global fitness offering

1000+

Video guided workouts available for all experience levels and ages

100M+

Workouts completed by SworKit members with over 150K 5-star reviews

Want to learn more? Watch our [SworKit demo](#).